

Breakfast Meal Pattern - 9th - 12th

Select a minimum of 3 components

**1 fruit/ vegetable** = 1 cup

--fruit/juice and/or vegetable

**1 whole grain rich selection(s)** = 2oz

--biscuit, roll, muffin, bread, cereal

**1 milk** = 1 Cup

--fluid milk

Menu is subject to change  
without notice



**This institution is an  
equal opportunity  
provider.**

**MOUND**

**SEPTEMBER 2019**  
**Breakfast Calendar**

	Mon	Tue	Wed	Thu	Fri
2	<b>Labor Day Holiday</b>  <b>No School</b>	3 Grahamwich-2oz 100% Juice-1/2c Fruit-1/2c Milk-1c	4 Breakfast Strudel 100% Juice-1/2c Fruit-1/2c Milk-1c	5 Yogurt -1oz Chewy Granola Bar-1oz Fruit-1c Milk-1c	6 French Toast Sticks-1oz Turkey Sausage-1oz Fruit-1c Milk-1c
9	Cinnamon Puff Bar-2oz Fruit-1/2c 100% Juice-1/2c Milk-1c	10 Cold Cereal-1oz Donut-1oz Fruit-1/2c 100% Juice-1/2c Milk-1c	11 Wg Biscuit 2oz Egg Pattie-1oz Cheese-1oz Fruit-1c Milk-1c	12 Breakfast Bar-2oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	13 Hash Browns-1oz Turkey Sausage -1oz Fruit-1c Milk-1c
16	Cold Cereal - 1oz Cinnamon Toast Crunch Bar-1oz Fruit-1c Milk-1c	17 Cold Cereal - 1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	18 Wg Biscuit 2oz Boiled Egg-1oz Fruit-1c Milk-1c	19 Wg Poptart-1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	20 Breakfast Sandwich 100% Juice-1/2c Fruit-1/2c Milk-1c
23	Cold Cereal-1oz Donut-1oz Fruit-1/2c 100% Juice-1/2c Milk-1c	24 Breakfast Bar-2oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	25 Wg Bagel-2oz Cream Cheese-1oz 100% Juice-1/2c Fruit-1/2c Milk-1c	26 Zee Zee Bar-2oz Fruit-1/2c 100% Juice-1/2c Milk-1c	27 Cold Cereal 1oz Wg Muffin-1oz Fruit-1c Milk-1c
30	Breakfast Bar-2oz Fruit-1c Milk-1c *Craisins - 1/2c Alt				